Tracking MyPlate

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**Instructions: Keep track of what you eat for three days & then write it in**

**the correct categories below. At the end of the three days, answer the questions to evaluate your diet.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Fruit** | **Vegetables** | **Proteins** | **Grains** | **Dairy** |
| **Day #1** |  |  |  |  |  |
| **Day #2** |  |  |  |  |  |
| **Day #3** |  |  |  |  |  |

1-What food groups are you not getting enough of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2-What **kinds** of foods could you add to improve your diet?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3-Set a goal for next week to improve your diet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7 Essential Nutrients Notes

**Energy Producing Nutrients**

Nutrient Function: What it Does Food Sources

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| --- | --- | --- |
|  |  | **Found naturally in:**  **Fruits, vegetables, grain products,**  **potatoes(starch)**  **Also in:**  **Table sugar, honey soft drinks, etc.** |
|  | **Provides:**  **Heat, energy, storage, protection, “padding”** |  |
|  |  | **Animal sources:**  **meat**  **eggs**  **milk**  **Plant Sources:**  **nuts, beans**  **cereal grains** |

**Non Energy Producing Nutrients**

Nutrient Function: What it Does Food Sources

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| --- | --- | --- |
|  | **Biochemical Reactions to Maintain life:**  **Vision, growth, immune system, nerves, hair, skin** |  |
|  |  | **\*Vegetables**  **\*Fruits**  **Milk**  **Grains**  **Meat** |
|  | **Non-nutrient found in plants**  **Necessary for digestion and good bodily functions.** |  |
|  |  | **Liquids**  **Fruits**  **Vegetables**  **Most Food** |